

social development. As a non-drug intervention, music therapy can affect individual psychological state through emotional catharsis, emotion regulation and other ways, which has attracted more and more attention in recent years, and is expected to provide an effective auxiliary means for the management of depression in college students.

**Subjects and Methods.** A total of 200 college students were randomly divided into the control group and the experimental group. The students in the control group maintained their usual learning lifestyle. The experimental group received 30 minutes of music therapy four times a week for a total of 8 weeks. Beck Depression Checklist was used to evaluate the degree of depression symptoms, and SPSS statistical software was used to analyze the data.

**Results.** The results showed that the mean score of depressive symptoms in the experimental group decreased from  $28.4 \pm 5.2$  before the intervention to  $15.2 \pm 3.8$  after the intervention, while the score of the control group decreased by less than 1 ( $P < 0.001$ ). The BDI score of the music therapy group was significantly lower than that of the control group ( $P < 0.05$ ), and the difference was statistically significant.

**Conclusions.** The results show that music therapy has a significant therapeutic effect on depression intervention of college students, which can effectively reduce the symptoms of depression and improve the emotional state of college students.

## Emotional influence of rural tourism combined with relaxation guidance on patients with emotional disorders

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**Background.** As a common mental illness, emotional disorders are difficult for patients to adjust their emotions in daily life, which will have a serious impact on their emotions and quality of life. Rural tourism combined with relaxation guidance, as an innovative psychological intervention, may have a positive impact on the emotions of patients with emotional disorders.

**Subjects and Methods.** The study included 100 patients with affective disorders who were randomly divided equally into control and experimental groups. The control group received conventional drug therapy, while the experimental group received a six-week rural tour with relaxation guidance twice a week for 60 minutes each time. During the study, the emotional self-rating scale was used to evaluate the emotional state of the patients, and SPSS statistical software was used to analyze the data, and the differences between the groups were compared.

**Results.** The experimental results showed that the average positive emotion score of the experimental group increased from 42.7

$\pm 6.1$  before travel to  $56.4 \pm 7.2$  after travel ( $P < 0.01$ ), and the average negative emotion score decreased from  $34.5 \pm 5.8$  before travel to  $27.8 \pm 4.6$  after travel ( $P < 0.05$ ). In control group, the average positive emotion score increased by less than 3 ( $P < 0.01$ ).

**Conclusions.** The results show that rural tourism combined with relaxation has a positive effect on the emotions of patients with emotional disorders, and can be applied in the treatment of patients with emotional disorders.

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## Intervention effect of Marxist spiritual education on patients with borderline personality disorder

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**Background.** Borderline personality disorder is a subtype of pathological personality. Some studies believe that pathological personality will affect the treatment of depression, and borderline personality is the most obvious one. Borderline personality disorder has a certain impact on the repair of psychosocial function. Ringing can even increase the risk of suicide. The emotional state of patients with this disease is quite similar to the emotional symptoms of patients with depression, which is easy to be missed or misdiagnosed, and there is a long continuity of borderline personality disorder. Therefore, the choice of treatment for patients with this disease is very critical.

**Subjects and Methods.** In the perspective of Marxism, spiritual life is the inner need and important content of the all-round development of human beings. Marxist spiritual education provides correct values and spiritual connotation. The effect of Marxist spiritual education on the intervention of patients with borderline personality disorder was discussed. In this experiment, 60 patients with borderline personality disorder were randomly selected from a hospital. SPSS 23.0 statistical software was used to process the data of self-rating anxiety scale (SAS) before and after the experiment.

**Results.** Before intervention, there was no statistical significance in patients' SAS scale scores ( $P > 0.05$ ). After intervention, the score of SAS scale was higher than that before intervention, and the difference was statistically significant ( $P < 0.05$ ).

**Conclusions.** Marxist spiritual education has obvious improvement effect on borderline personality disorder, and can promote the physical and mental health development of patients.